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ANTERIOR LABRAL REPAIR REHABILITATION PROTOCOL

PATIENT NAME:

DATE OF SURGERY:

BODY PART/SIDE:

IMPORTANT ITEMS:

- 1 Patient **MUST** regain **FULL PASSIVE** forward elevation by **6 WEEKS POST-OP**
 - 2 Sling to be worn for total of 6 weeks. Remove for bathing and exercises only
- SLAP Repair--**NO** isolated biceps activation for **8 WEEKS POST-OP**

PHASE I [0-2 WEEKS]	
ROM	STRENGTH
AVOID abduction and ER activity when out of sling	PROM/AROM elbow, wrist, & hand only
AVOID anterior/inferior capsule stress	
NO passive ROM of shoulder [2 weeks]	Initiate gentle pendulums
May type/write with sling on	

GOALS TO PROGRESS TO PHASE II

- Pain and inflammation controlled
- Gradual increase in ROM
- Promote tissue healing
- Initiate muscle contraction/enhance scapular function
- Protect Repair

PHASE II PRECAUTIONS

- NO** holding/carrying items heavier than pen/pencil

PHASE II [2-4 WEEKS]	
ROM	STRENGTH
Continue phase I ROM	Continue phase I exercises
Begin PROM ER at 0° abduction [limit 45°]	Normalize scapular position, mobility, & stability
Initiate posterior capsule mobilizations	Ball squeezes
AVOID stretch of anterior capsule and extension	Begin closed chain scapular exercises

GOALS TO PROGRESS TO PHASE III

- Pain and inflammation controlled
- Gradual increase in ROM
- Protect Repair
- Promote tissue healing
- Discontinue sling at **HOME ONLY** a **4 WEEKS POST-OP**

PHASE III PRECAUTIONS

- NO** holding/carrying items heavier than pen/pencil

PHASE III [4-6 WEEKS]	
ROM	STRENGTH
Continue phase II ROM	Continue phase II exercises
Progress PROM in all planes EXCEPT ER [limit 45°]	Pulley-assisted forward elevation in scapular plane [limit
Initiate AAROM	Scapular retractions
Begin "behind-the-back" IR stretching	
Stretching ER at 0° [limit 30°]	
Begin GENTLE ER stretching in 90/90 position [limit 30°]	

GOALS TO PROGRESS TO PHASE IV

- Regain **FULL PASSIVE ROM** in all planes **EXCEPT ER** by **6 WEEKS POST-OP**
- Pain controlled
- Protect repair
- Discontinue sling at **6 WEEKS POST-OP**

PHASE IV PRECAUTIONS

- NO** aggressive stretching
- NO** strengthening that places large amount of stress across anterior aspect of shoulder in abduction with ER [No pushups, pec flies, etc.]

PHASE IV [6-8 WEEKS]	
ROM	STRENGTH
Continue phase III ROM	Continue phase III exercises
Enhance pectoralis minor lengthening	
Begin ER at 20° abduction [limit 30°-50°] , ER at 90° abduction [limit 45°]	Pulley-assisted elevation in scapular plane [limit 160°]
Initiate AROM-Progress to full AROM in gravity resisted positions	Scapular retraction strengthening
Supported active adducted shoulder rotation	

GOALS TO PROGRESS TO PHASE V

- FULL PASSIVE ROM** in all planes **EXCEPT ER** by **6 WEEKS POST-OP**

PHASE V PRECAUTIONS

- NO** lifting/carrying **GREATER THAN 5LBS**

PHASE V [8-12 WEEKS]	
ROM	STRENGTH
Continue phase IV ROM	Continue phase IV exercises
Initiate cross-body stretching	Wall climb and stretch
Begin more aggressive posterior capsule stretching [side-lying IR, posterior/inferior glenohumeral joint mobs]	Initiate TheraBand strengthening in all planes
"Hands behind head stretch"	

ER at 20° abduction [**limit 65°**], ER at 90° abduction [**limit 75°**]

GOALS TO PROGRESS TO PHASE VI

- Full, painless ROM in all planes

PHASE VI PRECAUTIONS

- NO** lifting heavier than **1LB AWAY FROM BODY**
- NO** holding/carrying **GREATER THAN 5LBS**
- NO** pressing, incline, pull downs, or dips

PHASE VI [12-18 WEEKS]

ROM	STRENGTH
Continue stretching progression [no limits]	Begin generalized UE weight training [emphasize low weight, high rep]
	Progress TheraBand strengthening
	Initiate weight training with shoulder in adduction [rows, biceps, triceps]

GOALS TO PROGRESS TO PHASE VII

- Full, painless ROM in all planes
- Progress functional strength

PHASE VII [18+ WEEKS]

ROM	STRENGTH
Full, unrestricted ROM in all planes	Maximize functional strength
	Initiate progressive dynamic strengthening
	Begin interval sports program [if appropriate]

RETURN TO SPORT CRITERIA

- Requires clearance from **SURGEON**
- FULL, PAINFREE** shoulder function **WITHOUT** signs of instability
- Sport-specific training/practice once shoulder is at 90% of uninvolved side
- NO** throwing or overhead athletic moves until **4 MONTHS POST-OP**
- Weight training: **AVOID** wide grip bench press, **NO** military press or lat pulls behind head [always "see" your elbows]
- FULL** return to contact sports **ANTICIPATED** at **7 MONTHS**